

## ABSTRAK

**Cici Winanda (2009). Program Bimbingan Pribadi Sosial Untuk Meningkatkan Self Esteem Siswa Body Dysmorphic Disorder (BDD) (Studi Deskriptif Hipotetik Terhadap Siswa Kelas VIII SMP Pasundan 3 Bandung Tahun Ajaran 2013/2014).**

Tujuan penelitian secara umum untuk merumuskan hipotetik program bimbingan pribadi sosial untuk meningkatkan *self esteem* siswa *body dysmorphic disorder* di kelas VIII SMP Pasundan 3 Bandung tahun ajaran 2013/2014. Penelitian dilatarbelakangi oleh fenomena siswa dengan *self esteem* yang rendah. Salah satu perilaku yang muncul akibat *self esteem* rendah yaitu gangguan pada seseorang yang tidak puas akan beberapa bagian tubuhnya, serta kecemasan berlebihan dan tidak menerima diri apa adanya, cenderung menjauhi hubungan dan situasi sosial yang disebut dengan *body dysmorphic disorder*. Metode penelitian yang digunakan metode deskriptif dengan pendekatan kuantitatif. Pengambilan sampel digunakan teknik *purposive sampling* dengan 79 sampel penelitian. Teknik pengumpulan data dilakukan dengan non tes berupa angket. Hasil penelitian diperoleh sebagai berikut : 38 dari 79 siswa *body dysmorphic disorder* memiliki *self esteem* rendah dan 41 siswa lainnya berada pada kategori *self esteem* tinggi. Serta diperoleh gambaran hipotetik program bimbingan pribadi sosial untuk meningkatkan *self esteem* siswa *body dysmorphic disorder* yang layak menurut pakar dan praktisi BK. Rekomendasi penelitian diharapkan agar program yang dirancang dapat diuji cobakan untuk mengetahui efektivitas program bimbingan pribadi sosial untuk meningkatkan *self esteem* siswa *body dysmorphic disorder*.

Kata kunci : *Self Esteem Body Dysmorphic Disorder*, Program Bimbingan Pribadi-Sosial.

## **ABSTARCT**

**Cici Winanda (2009). Personal-Social Guidance Programs to Improve the Self-Esteem of Students with Body Dysmorphic Disorder (BDD) (Hypothetic Descriptive Study Towards Students of VII SMP Pasundan Bandung, Academic Year 2013/2014)**

The aim of this research generally is to formulate hypothetical personal-social guidance programs; it is to improve the self-esteem of students with body dysmorphic disorder in class VIII SMP 3 Pasundan Bandung, academic year 2013/2014. The research is motivated by the phenomenon of students with low self-esteem. One of the behaviors that arise as a result of low self-esteem is the interference occurs in people who are not satisfied with some parts of their body, as well as excessive anxiety and do not accept themselves as it is, they tend to stay away from relationships and social situations. This phenomenon is called as body dysmorphic disorder. The method used in this research is descriptive method with quantitative approach. Samples are taken by using purposive sampling technique with 79 samples. The data were collected by non-test questionnaire. The results of this research are 38 of 79 students with body dysmorphic disorder have a low self-esteem, and 41 others are in the category of high self-esteem. It is also found a description of a hypothetical personal-social guidance programs to improve the self-esteem of students with body dysmorphic disorder that is eligible according to experts and practitioners of BK. From this research, it is expected that the programs which have been designed can be tested to determine the effectiveness of personal-social guidance programs to improve students' self-esteem with body dysmorphic disorder.

**Key words:** Self Esteem Body Dysmorphic Disorder, Personal-social Guidance Program